


**Women's 10 in 100 Cup Final 2009 - Copthall Stadium, Barnet**

				Perf	Record	Wind	AW	8 August 2009							
				Perf	Record	Wind	AW	Perf	Record	Wind	AW				
<b>Women's 100m</b>				<i>Wind= +0.9 m/s</i>				<b>Women's 200m</b>				<i>Wind=</i>			
1	7	Ellena Ruddock	Rugby & Northampton AC	12.25			<input checked="" type="checkbox"/>	1	4	Carley Wenham	Crawley AC	25.03			<input checked="" type="checkbox"/>
2	4	Carley Wenham	Crawley AC	12.47			<input checked="" type="checkbox"/>	2	2	Mandy Gault	City of Portsmouth	25.67			<input checked="" type="checkbox"/>
3	2	Sam Vaile	City of Portsmouth	12.69			<input checked="" type="checkbox"/>	3	7	Sophie Wright	Rugby & Northampton AC	26.18			<input checked="" type="checkbox"/>
4	6	Rebecca Brown	Exeter AC	12.90			<input checked="" type="checkbox"/>	4	6	Kerry Gale	Exeter AC	26.55			<input checked="" type="checkbox"/>
5	8	Emily Newton	Team Southampton	12.92			<input checked="" type="checkbox"/>	5	8	Katie Seal	Team Southampton	26.67			<input checked="" type="checkbox"/>
6	5	Amy Quaile	Epsom & Ewell Harriers	13.44				6	5	Angela Bates	Epsom & Ewell Harriers	27.70			
7	3	Rachel Gooday	Colchester Harriers	14.12				7	3	Sophie Fisher	Colchester Harriers	28.01			
8								8	1	Mary Jane Sollitt	Bingley Harriers	28.25			
<b>Women's 400m</b>								<b>Women's 800m</b>							
1	8	Sian Scott	Team Southampton	55.10			<input checked="" type="checkbox"/>	1	2	Karrie Blake	City of Portsmouth	02:07.30			<input checked="" type="checkbox"/>
2	2	Rebecca Gray	City of Portsmouth	57.54			<input checked="" type="checkbox"/>	2	8	Claire Nichols	Team Southampton	02:08.65			<input checked="" type="checkbox"/>
3	4	Elaine Wells	Crawley AC	60.14			<input checked="" type="checkbox"/>	3	6	Katherine Humphreys	Exeter AC	02:17.33			<input checked="" type="checkbox"/>
4	3	Ella Neale	Colchester Harriers	60.77			<input checked="" type="checkbox"/>	4	7	Euly Waugh	Rugby & Northampton AC	02:29.23			
5	7	Rachael Pearce	Rugby & Northampton AC	60.87			<input checked="" type="checkbox"/>	5	5	Emily Hallett	Epsom & Ewell Harriers	02:37.82			
6	5	Lizzie Thompson	Epsom & Ewell Harriers	62.07				6	3	Lucy Mapp	Colchester Harriers	02:39.10			
7	6	Amanda Evans	Exeter AC	62.42				7	4	Kirsty Fenn	Crawley AC	02:42.82			
8	1	Laura Pitts	Bingley Harriers	64.80				8							
<b>Women's 1500m</b>								<b>Women's 3000m</b>							
1	8	Ceri Mitchell	Team Southampton	04:37.4			<input checked="" type="checkbox"/>	1		Not on Today's Programme					
2	6	Katherine Humphreys	Exeter AC	04:42.0			<input checked="" type="checkbox"/>	2							
3	3	Stacey Wheat	Colchester Harriers	04:49.7			<input checked="" type="checkbox"/>	3							
4	7	Alison Cooper	Rugby & Northampton AC	04:55.6			<input checked="" type="checkbox"/>	4							
5	4	Abbie Asbee-Simmons	Crawley AC	04:59.0			<input checked="" type="checkbox"/>	5							
6	5	Emily Hallett	Epsom & Ewell Harriers	05:23.8				6							
7	2	Chloe Campbell	City of Portsmouth	05:41.0				7							
8								8							
<b>Women's 400m Hurdles</b>								<b>Women's 100m Hurdles</b>				<i>Wind=</i>			
1	5	Emily Parker	Epsom & Ewell Harriers	61.09			<input checked="" type="checkbox"/>	1		Not on Today's Programme					
2	6	Sophie Skinner	Exeter AC	62.04			<input checked="" type="checkbox"/>	2							
3	7	Trudy Davidson	Rugby & Northampton AC	63.92			<input checked="" type="checkbox"/>	3							
4	3	Nicola Markell-Smith	Colchester Harriers	64.42			<input checked="" type="checkbox"/>	4							
5	1	Joanne Oates	Bingley Harriers	65.70			<input checked="" type="checkbox"/>	5							
6	2	Jessica Shuttleworth	City of Portsmouth	68.35			<input checked="" type="checkbox"/>	6							
7	8	Claire Gallant	Team Southampton	75.65				7							
8								8							
<b>Women's Hammer</b>								<b>Women's Discus</b>							
1		Not on Today's Programme						1	6	Julia Walkden	Exeter AC	37.37			<input checked="" type="checkbox"/>
2								2	1	Sarah Benson	Bingley Harriers	32.02			<input checked="" type="checkbox"/>
3								3	5	Jo Bennett	Epsom & Ewell Harriers	30.05			<input checked="" type="checkbox"/>
4								4	8	Freya Jones	Team Southampton	27.07			
5								5	3	Catherine Holdsworth	Colchester Harriers	26.51			
6								6	2	Amber Perry	City of Portsmouth	21.54			
7								7	4	Gill Rowland	Crawley AC	16.22			
8								8	7	Emily Waugh	Rugby & Northampton AC	10.75			
<b>Women's Shot Putt</b>								<b>Women's Javelin</b>							
1	7	Rachael Wallader	Rugby & Northampton AC	15.16			<input checked="" type="checkbox"/>	1		Not on Today's Programme					
2	5	Jo Bennett	Epsom & Ewell Harriers	12.17			<input checked="" type="checkbox"/>	2							
3	3	Catherine Holdsworth	Colchester Harriers	11.74			<input checked="" type="checkbox"/>	3							
4	1	Sarah Benson	Bingley Harriers	11.66			<input checked="" type="checkbox"/>	4							
5	8	Freya Jones	Team Southampton	10.10			<input checked="" type="checkbox"/>	5							
6	6	Julia Walkden	Exeter AC	8.79				6							
7	2	Amber Perry	City of Portsmouth	8.68				7							
8	4	Liz Maries	Crawley AC	8.64				8							


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**8 August 2009**

Perf Record Wind AW

Perf Record Wind AW

**Women's Long Jump**

	Perf	Record	Wind	AW	
1	5	Julia Machin	Epsom & Ewell Harriers	5.48	<input checked="" type="checkbox"/>
2	8	Emily Newton	Team Southampton	5.41	<input checked="" type="checkbox"/>
3	2	Mandy Gault	City of Portsmouth	5.35	<input checked="" type="checkbox"/>
4	4	Jo Rowland	Crawley AC	4.89	
5	6	Beth Skinner	Exeter AC	4.82	
6	7	Sophie Meakin	Rugby & Northampton AC	4.75	
7	1	Amy Howard	Bingley Harriers	4.50	
8	3	Rachel Gooday	Colchester Harriers	4.47	

**Women's Triple Jump**

	Perf	Record	Wind	AW	
1					Not on Today's Programme
2					
3					
4					
5					
6					
7					
8					

**Women's High Jump**

	Perf	Record	Wind	AW	
1	5	Julia Machin	Epsom & Ewell Harriers	1.75	<input checked="" type="checkbox"/>
2	4	Liz Maries	Crawley AC	1.55	<input checked="" type="checkbox"/>
3	7	Claire O'Reilly	Rugby & Northampton AC	1.55	<input checked="" type="checkbox"/>
4	3	Nicola Markell-Smith	Colchester Harriers	1.55	<input checked="" type="checkbox"/>
5	2	Sophie Millet	City of Portsmouth	1.50	
6	6	Jenny Robinson	Exeter AC	1.50	
7	8	Claire Gallant	Team Southampton	1.35	
8	1	Amy Howard	Bingley Harriers	1.35	

**Women's Pole Vault**

	Perf	Record	Wind	AW	
1					Not on Today's Programme
2					
3					
4					
5					
6					
7					
8					

**Women's Medley Relay**

	Perf	Record	Wind	AW				
1	2	City of Portsmouth	Sam Vaile	Megan Williams	Karrie Blake	Rebecca Gray	02:45.4	<input checked="" type="checkbox"/>
2	7	Rugby & Northampton AC	Ellena Ruddock	Sophie Wright	Charlotte Allee	Trudy Davidson	02:47.7	<input checked="" type="checkbox"/>
3	8	Team Southampton	Katie Seal	Claire Nichols	Ceri Mitchell	Sian Scott	02:51.0	<input checked="" type="checkbox"/>
4	5	Epsom & Ewell Harriers	Angela Bates	Amy Quaile	Lizzie Thompson	Emily Parker	02:52.1	<input checked="" type="checkbox"/>
5	6	Exeter AC	Kerry Gale	Jenny Robinson	Amanda Evans	Sophie Skinner	02:52.9	<input checked="" type="checkbox"/>
6	4	Crawley AC	Claire Stokes	Jo Rowland	Elaine Wells	Abbie Asbee-Simmons	03:01.5	<input checked="" type="checkbox"/>
7	3	Colchester Harriers	Sophie Fisher	Lucy Mapp	Stacey Wheat	Ella Neale	03:01.8	<input checked="" type="checkbox"/>
8	1	Bingley Harriers	K Bogle	L Pitts	C H Wilson	J Oates	03:06.2	<input checked="" type="checkbox"/>

**Points after 11 events**

1	Epsom & Ewell Harriers	65.0
2	Rugby & Northampton AC	64.0
3	Team Southampton	63.0
4	City of Portsmouth	62.0
5	Exeter AC	58.0
6	Crawley AC	49.0
7	Colchester Harriers	41.0
8	Bingley Harriers	23.0


**Men's 10 in 100 Cup Final 2009 - Copthall Stadium, Barnet**
**8 August 2009**

<b>Men's 100m</b>				<b>Men's 200m</b>							
	Perf	Record	Wind	AW		Perf	Record	Wind	AW		
Wind= +0.4 m/s				Wind= +0.8 m/s							
1	1	Dwayne Grant	Blackheath & Bromley	10.57	<input checked="" type="checkbox"/>	1	1	James Alaka	Blackheath & Bromley	21.66	<input checked="" type="checkbox"/>
2	3	Christian Malcolm	Cardiff AAC	10.57	<input checked="" type="checkbox"/>	2	3	Iloyd Reffell	Cardiff AAC	22.06	<input checked="" type="checkbox"/>
3	8	Adeola Akinjomo	Stevenage & N Herts	11.19	<input checked="" type="checkbox"/>	3	8	Cameron Webb	Stevenage & N Herts	22.32	<input checked="" type="checkbox"/>
4	4	Nathan Stevens	Channel Islands	11.20	<input checked="" type="checkbox"/>	4	6	Chris Hall	Kingston AC & Poly	22.39	<input checked="" type="checkbox"/>
5	6	Jason Bernard	Kingston AC & Poly	11.63		5	2	Matt Osborne	Bolton Harriers	22.77	<input checked="" type="checkbox"/>
6	5	Don Durrell	Crawley AC	11.64		6	5	El-Houssine Azzoui	Crawley AC	22.82	<input checked="" type="checkbox"/>
7	7	Winston Rose	Rugby & Northants	11.73		7	4	Hyel Robinson	Channel Islands	23.14	
8						8	7	Ross Allen	Rugby & Northants	23.27	

<b>Men's 400m</b>				<b>Men's 800m</b>							
1	4	Dale Garland	Channel Islands	46.86	<input checked="" type="checkbox"/>	1	5	Matt Forber	Crawley AC	01:53.5	<input checked="" type="checkbox"/>
2	1	Femi Owolade	Blackheath & Bromley	48.72	<input checked="" type="checkbox"/>	2	8	Josh Moss	Stevenage & N Herts	01:55.8	<input checked="" type="checkbox"/>
3	3	Gareth Hopkins	Cardiff AAC	49.61	<input checked="" type="checkbox"/>	3	2	Fraser Jardine	Bolton Harriers	01:56.5	<input checked="" type="checkbox"/>
4	7	Jamie Downes	Rugby & Northants	50.41	<input checked="" type="checkbox"/>	4	4	Tom Druce	Channel Islands	01:56.5	<input checked="" type="checkbox"/>
5	6	Adam Bellis	Kingston AC & Poly	50.70	<input checked="" type="checkbox"/>	5	3	Deelan Evans	Cardiff AAC	01:57.4	<input checked="" type="checkbox"/>
6	5	Nick Duggan	Crawley AC	51.65		6	1	Richard Daniel	Blackheath & Bromley	01:58.6	<input checked="" type="checkbox"/>
7	2	Bruce Pilkington	Bolton Harriers	52.72		7	7	Chris Lamb	Rugby & Northants	02:00.1	
8	8	Callum McKechnie	Stevenage & N Herts	55.02		8	6	Tom Beedell	Kingston AC & Poly	02:01.4	

<b>Men's 1500m</b>				<b>Men's 3000m</b>						
1	3	James Thie	Cardiff AAC	04:00.5	<input checked="" type="checkbox"/>	1	Event Not on Todays Programme			
2	1	Scott Overall	Blackheath & Bromley	04:00.9	<input checked="" type="checkbox"/>	2				
3	4	Lee Merrien	Channel Islands	04:01.5	<input checked="" type="checkbox"/>	3				
4	5	Chris Johnson	Crawley AC	04:03.5	<input checked="" type="checkbox"/>	4				
5	2	Tony Valentine	Bolton Harriers	04:04.7	<input checked="" type="checkbox"/>	5				
6	8	Adam Searle	Stevenage & N Herts	04:05.6	<input checked="" type="checkbox"/>	6				
7	6	Tom Beedell	Kingston AC & Poly	04:14.5		7				
8	7	Matt Emery	Rugby & Northants	04:21.2		8				

<b>Men's 400m Hurdles</b>				<b>Men's 3000m S/Chase</b>						
1	1	Ed Harrison	Blackheath & Bromley	53.25	<input checked="" type="checkbox"/>	1	Event Not on Todays Programme			
2	4	Peter Irving	Channel Islands	53.96	<input checked="" type="checkbox"/>	2				
3	7	John Bell	Rugby & Northants	56.20	<input checked="" type="checkbox"/>	3				
4	2	Ben Caldwell	Bolton Harriers	56.82	<input checked="" type="checkbox"/>	4				
5	3	Luke Morgan	Cardiff AAC	56.87	<input checked="" type="checkbox"/>	5				
6	6	Chris Hall	Kingston AC & Poly	59.31		6				
7	8	Marcus McKechnie	Stevenage & N Herts	64.46		7				
8						8				

<b>Men's Hammer</b>				<b>Men's Discus</b>						
1	Event Not on Todays Programme				1	3	Dale Coleman	Cardiff AAC	51.23	<input checked="" type="checkbox"/>
2					2	4	Zane Duquemin	Channel Islands	48.72	<input checked="" type="checkbox"/>
3					3	2	Simon Bissell	Bolton Harriers	44.79	<input checked="" type="checkbox"/>
4					4	6	Nick Owen	Kingston AC & Poly	40.61	<input checked="" type="checkbox"/>
5					5	1	Alex Pope	Blackheath & Bromley	40.30	<input checked="" type="checkbox"/>
6					6	5	Simon Wells	Crawley AC	40.08	<input checked="" type="checkbox"/>
7					7	8	Chaz Allbrighton	Stevenage & N Herts	28.35	
8					8					


**Men's 10 in 100 Cup Final 2009 - Cophthall Stadium, Barnet**
**8 August 2009**
**Men's Shot Putt**

	Perf	Record	Wind	AW
1	6 Nick Owen	Kingston AC & Poly	15.26	<input checked="" type="checkbox"/>
2	4 Zane Duquemin	Channel Islands	14.97	<input checked="" type="checkbox"/>
3	3 Dale Coleman	Cardiff AAC	13.88	<input checked="" type="checkbox"/>
4	5 Neil Mensbridge	Crawley AC	13.56	<input checked="" type="checkbox"/>
5	1 Alex Pope	Blackheath & Bromley	12.84	
6	2 Simon Bissell	Bolton Harriers	12.37	
7	8 Patrick David	Stevenage & N Herts	10.16	
8				

**Men's Javelin**

	Perf	Record	Wind	AW
1	Event Not on Todays Programme			
2				
3				
4				
5				
6				
7				
8				

**Men's Long Jump**

	Perf	Record	Wind	AW
1	4 David Martin	Channel Islands	6.79	<input checked="" type="checkbox"/>
2	2 Andy Grech	Bolton Harriers	6.58	<input checked="" type="checkbox"/>
3	5 Chris Morgan	Crawley AC	6.36	
4	8 Elior Harris	Stevenage & N Herts	6.08	
5	1 Ed Harrison	Blackheath & Bromley	5.57	
6	6 Tariq Sheikh	Kingston AC & Poly	5.37	
7	3 Sam Conway	Cardiff AAC	5.37	
8				

**Men's Triple Jump**

	Perf	Record	Wind	AW
1	Event Not on Todays Programme			
2				
3				
4				
5				
6				
7				
8				

**Men's High Jump**

	Perf	Record	Wind	AW
1	4 Jason Fox	Channel Islands	2.00	<input checked="" type="checkbox"/>
2	1 Lewis Ely	Blackheath & Bromley	1.90	<input checked="" type="checkbox"/>
3	8 Laurie Pirie	Stevenage & N Herts	1.85	
4	3 Lewis Lane	Cardiff AAC	1.80	
5=	6 Chris Dack	Kingston AC & Poly	1.75	
5=	5 George Simpkins	Crawley AC	1.75	
7	2 Ian Bowles	Bolton Harriers	1.75	
8	7 Ian Gidley	Rugby & Northants	1.75	

**Men's Pole Vault**

	Perf	Record	Wind	AW
1	Event Not on Todays Programme			
2				
3				
4				
5				
6				
7				
8				

**Men's Medley Relay**

	Perf	Record	Wind	AW			
1	4 Channel Islands	Nathan Stevens	David Martin	Peter Irving	Dale Garland	02:22.7	<input checked="" type="checkbox"/>
2	1 Blackheath & Bromley	Duayne Bovell	Daniel Haque	Bomene Barikor	Derek Paisley	02:23.2	<input checked="" type="checkbox"/>
3	3 Cardiff AAC	Iloyd Reffell	Gareth Hopkins	Sam Conway	Luke Morgan	02:25.8	<input checked="" type="checkbox"/>
4	5 Crawley AC	El-Houssine Azzoui	Don Durrell	Nick Duggan	Craig Cox	02:26.8	<input checked="" type="checkbox"/>
5	2 Bolton Harriers	Bruce Pilkington	Matt Osborne	Fraser Jardine	Ben Caldwell	02:28.3	<input checked="" type="checkbox"/>
6	7 Rugby & Northants	-	-	-	-	02:29.5	<input checked="" type="checkbox"/>
7	6 Kingston AC & Poly	-	-	-	-	02:29.93	<input checked="" type="checkbox"/>
8							

**Points after 11 events**

1	Channel Islands	82.0
2	Blackheath & Bromley	77.0
3	Cardiff AAC	69.0
4	Crawley AC	46.5
5	Stevenage & N Herts	41.0
6	Kingston AC & Poly	42.5
7	Bolton Harriers	44.0
8	Rugby & Northants	21.0